

# Fitness Coaching Proposal for Group Sessions

Date: [Insert Date]

To: [Client's Name]

[Client's Address]

[City, State, Zip Code]

**Dear [Client's Name],**

I hope this message finds you well. I am excited to present to you a proposal for fitness coaching group sessions that can help you and your group achieve your health and fitness goals together.

## **Program Overview**

The proposed group fitness sessions will include:

- Variety of workouts tailored to all fitness levels
- Individualized attention and support
- Nutrition guidance and wellness tips
- Flexibility in scheduling to accommodate all members

## **Session Details**

Duration: [Insert Duration]

Frequency: [Insert Frequency]

Location: [Insert Location]

Cost: [Insert Cost]

## **Benefits of Group Training**

Group training fosters a supportive environment, encourages motivation among participants, and creates a sense of community which can lead to better results.

## **Next Steps**

If you're interested in moving forward with this proposal, please feel free to reach out. I would be happy to discuss it in more detail or answer any questions you may have.

Looking forward to your positive response!

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]